

Lincoln Recreation Center Fitness Center Rules

- Must be ages 13 and up to use fitness equipment.
- Anyone under the age of 18 must have staff or approved adult volunteer supervision.
- Absolutely no horseplay or running.
- Only 10 people are allowed in the room at a time.
- No loitering—the fitness room is for exercise only.
- Replace all weights and equipment to their designated places or to the lowest weight on machine for safety.
- Use a spotter on all free weight lifts (dumbbells included).
- Use equipment in an appropriate manner.
- Do not stand or hang on the equipment.
- Do not throw or drop dumbbells or weights.
- TV channels, radio stations, and equipment volume are subject to staff approval.
- Please pick up all trash, equipment, and clothing before leaving a station.
- Do not enter without a towel.
- No food or drinks other than water or sports drink in a plastic bottled container.
- Chalk use is not allowed.
- Do not adjust the air condition thermostat.
- Limit your cardio time to less than 30 minutes during peak times and use proper settings.
- Observe all safety precautions and warnings.

Please report any problem with the fitness center or equipment to the staff.

An orientation of the fitness center can be required for first time users or provided at the request of the patron prior to usage.

Before using the fitness center, patrons are responsible for reading and understanding these rules. Use of this fitness center is at the risk of the patron —the City of College Station on behalf of the Lincoln Recreation Center requires a signed release and indemnification and will not be liable for any accidents, injuries, or death that might occur while using the fitness center.

Locker room can be used by individual patrons when not being used for athletic competitions in the gymnasium and subject to the same rules and regulations as groups/teams.

The Lincoln Recreation Center is not responsible for personal items left behind, lost, stolen, or damaged while in the room.

Any violation of these rules may result in suspension and/or termination of fitness center privileges without refund.

